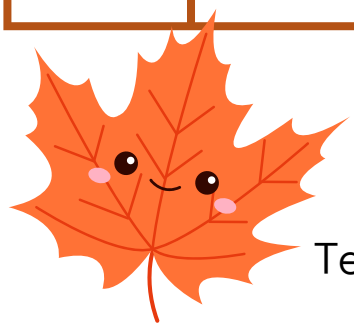
Walk to Wellness November



Friday 6th Nov	SALTWELL PARK Meet: Saltwell Towers, Saltwell Park, Low Fell, NE9 5AX Time: 11:30am Distance: Approx 2.5 miles Leader: Joan	Meeting at Saltwell Towers, we will explore the various areas of the park including the maze, boating lake and the annual poppy display.
Friday 13th Nov	DERWENT WALK Meet: Land of Oak and Iron, Spa Well Road, Winlaton Mill, NE21 6RU Time: 11:30am Distance: Approx 3 miles Leader: Nicola	From the Land of Oak and Iron, we will explore the meadows, woodlands and wetlands of Derwent Walk Country Park We may be lucky enough top spot some Red Kites, river birds or even deer on our travels.
Friday 20th Nov	JESMOND DENE Meet: West Jesmond Metro, Lyndhurst Ave, NE2 3HH Time: 11:30am Distance: Approx 3 miles Leader: Nicola	We will head towards Jesmond Dene via St Mary's Well and St Mary's Chapel. We will explore Jesmond Dene, including the water mill, various bridges, the famous waterfall and pets corner.
Friday 27th Nov	SEAHAM Meet: Seaham Clock Tower, N. Railway St / N. Terrace, SR7 7EU Time: 11:30am Distance: Approx 3 miles Leader: Joan	This walk will explore the beautiful coastline of Seaham. We will pass by 'Tommy'; the WW1 soldier sculpture, as well as the piers, harbour and picturesque beaches.



For more information ring: 0191 438 1721

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Text: 07488 454 686 to join our WhatsApp group